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STAR OF MYSORE

OUR EVENING DAILY

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MYSURU Monday 17th March 2025
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Hebbal Lake cleaning begins, but sewage still flows in

- Floating trash barriers used to remove water hyacinth, solid waste, liquor bottles, metal debris
- DC directs MCC Commissioner to prepare estimate for Sewage Treatment Plant as solution

Mysuru, Mar 17 (RK&BCT)- The Mysuru District Administration has finally begun cleaning the choked Hebbal Lake, with the Hootagalli City Municipal Council (CMC) undertaking the task on a day-to-day basis.

The 54-acre Hebbal Lake on Mysuru's outskirts, once a thriving water body, is now choking under the weight of sewage, industrial waste and rampant water hyacinth. Once a sanctuary for aquatic life and birds, including pelicans, the lake now shows no signs of either.

On Mar. 5, *Star of Mysore* published a report titled 'Hebbal Lake Choked,' highlighting the lake's deteriorating condition despite a Rs. 105-crore investment by Infosys Foundation in its rejuvenation and sewage treatment plants.

The report exposed how untreated sewage and industrial effluents continue to flow unchecked, turning what was once a pristine lake into a polluted swamp. Blackened sewage, animal waste, plastic bottles and chemical-laced water pour in daily through major inlets, suffocating the ecosystem.

Acting swiftly, Mysuru Deputy Commissioner (DC) G. Lakshmikanth Reddy, Mysuru City Corporation (MCC) Commissioner Shaikh Tanveer Asif and other officials visited Hebbal Lake and directed the Hootagalli CMC to begin cleaning operations.

Floating trash barrier

To tackle the pollution, floating trash barriers are being used to remove water hyacinth and solid waste, including liquor bottles and metal debris. These barriers, designed with hydrostatic and hydrodynamic stability, effectively capture solid waste while allowing water to flow freely. Positioned diagonally across the lake, they channel trash toward one end, where it can be easily retrieved.

(See CLEANING on page 7)

To Our Readers

Turn to Page-6 for Abracadabra titled ***"Kodava Heritage Centre, Madikeri: No accountability."*** — Ed

Bank Dy. Manager held in Bengaluru for cheating elderly couple of Rs. 50 lakh

Mysuru-based bank officer used money on vacations, leisure, personal expenses and to repay boyfriend's debts

Bengaluru, Mar. 17 (BCT)- The Girinagar Police in Bengaluru arrested a Deputy Manager of a private bank on Saturday for allegedly cheating a senior citizen of Rs. 50 lakh, using the money for vacations, leisure and repaying debts.

Meghana

The accused has been identified as 31-year-old P.V. Meghana from Mysuru, who worked as a Deputy Manager at IndusInd Bank's Girinagar branch in Bengaluru.

Along with Meghana, the Police arrested her friend Shivaprasad, Anwar Ghouse and Varadaraju (aged between 30-35). Varadaraju owns a resort in Ankola, Uttara Kannada district.

Meghana had gained the trust of 76-year-old Savithramma and her husband 78-year-old Basavarajaiah, residents of Banashankari 3rd Stage, who maintained a joint savings and Fixed Deposit accounts at the bank. She regularly assisted them with banking transactions, gaining access to their account details.

Knowing that their children lived elsewhere, Meghana learned that in January 2025, the couple sold a house in Chamarajapet and deposited Rs. 50 lakh into their savings account. This prompted her to devise a plan to siphon the funds.

Signed cheque, documents

On Feb. 12, Meghana suggested to Savithramma that transferring the funds to a new Fixed Deposit would earn higher interest and assured her that she would visit their home to collect the necessary documents.

(See CHEATING on page 7)

STAR OF MYSORE

"We believe comment is free, but facts are sacred."

Editor: M. GOVINDE GOWDA, M.A.

Mysuru, Monday 17th March 2025

File Updated Income Tax Return by Mar.31

Mysuru, Mar. 17- The Income Tax Act provision allows the tax payers to update or file their Income tax returns on payment of additional tax. It is issued in the object of providing an opportunity for voluntary compliance by tax payers who have missed filing their Income tax return for the FY 2021-22 (Assessment Year 2022-23).

The tax payers who have NOT filed their Income tax return for the Financial Year 2021-22 (Assessment Year 2022-23), can now file an Updated return in FORM ITR-U on or before 31.3.2025.

The tax payer has to pay an additional 50 percent of aggregate of tax payable and interest thereon due for the FY 2021-22

The tax payer cannot file an updated return where there is no additional outflow of tax, that is, NIL return cannot be filed, return with refund of tax cannot be filed.

For detailed information reference may be made to the provisions of the Income Tax Act,1961 & the Income-Tax Rules,1962, relevant circulars and/or notifications, according to N.D. Shreenivaas of Bhavani Associates, Mysuru.

EDITOR'S BOTTOMLINE

THE ART OF ARGUING: ***The sole profession where arguments are the basic tool is that of lawyers. Arguments, by contending lawyers, in the courtrooms are part of the procedure for facilitating judges to arrive at a conclusion. However, there is no judge sitting to hear our arguments and to adjudicate when we argue in the social domain with each other. The dynamics of interpersonal arguments are different from legal arguments.***

All of us are faced with the situations of arguments, some more and some less, in our daily lives. Instances of arguments between husband and wife are rife. We argue with an array of people with whom we have some annoyance or differences. Arguments arise when there is a clash of contrary perspectives, conflicting opinions and different approaches. Arguments generally exacerbate tension and foment bitterness between the persons.

Woefully, there is no enabling course or curriculum designed to teach the art of arguing — neither for the lay public nor even for law students. It is ironic that even the best of law schools do not impart to their students training for developing practical skills of arguing.

A civilised argument should venture to convince with facts, logic and empathy. Before starting an argument, we should first have clarity about the objective, facts and claims. 'Raise your words, not your voice.' We should speak our mind without appearing to be arguing overtly.

The word 'argument' has a negative connotation. To be 'argumentative' is considered a negative trait in any person. An argumentative person just advances his or her arguments without bothering to listen to the other side. An argumentative person becomes more aggressive if the other person refuses to be convinced.

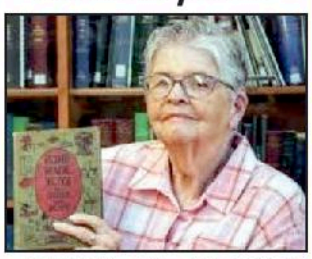
An argument should be made with the purpose of convincing the other side, rather than with the motive of causing offence. Do not blame the other person if you are unable to convince. We have to reinforce our arguments rather than force them on others.

Arguing is an art that needs to be cultivated. Instead of proving the other person all wrong, the purpose of an argument should be to put across your viewpoint and perspective successfully. Arguments are not always a contest between right and wrong. A successful argument convincingly manages to press on its pleas with logic and facts. Dissemination of the art of arguing will stand the society in good stead.

— Chander Gupta in Deccan Herald

NEWS SPARKLERS

Overdue book returned to library after 99 years!



Berkeley: An 81-year-old woman going through boxes of her mother's belongings made a surprising discovery: an overdue library book checked out by her grandfather 99 years earlier.

Berkeley Township resident Mary Cooper said she was going through a box of items that had belonged to her mother when she came across the book, Home-Made Toys for Girls and Boys by A. Neely Hall and discovered it had been borrowed from the Ocean County Library in March 1926.

The Ocean County Library said the book's return comes at a serendipitous time, as the library system is celebrating its 100th anniversary this year.

Librarians said the facility no longer imposes late fees, but they jokingly estimated it would have racked up about 18,000 dollars in fees over the past 99 years.

Abandoned boat becomes unusual local attraction

Brigantine: A 34-foot sailboat that washed up on the beach at the Jersey Shore has become an unlikely social media celebrity and tourist attraction.

Locals in Brigantine said the boat — named "Heavy Traffic," with a listed home port of Brooklyn — has been on the sand at The Cove beach for about two months.

Brigantine Mayor Vince Sera said local officials identified the boat's owner as a student attending college in Massachusetts. Sera said officials believe the student may not currently have the means to have the boat returned to the water without assistance.

Police determined the boat had been secured in open water near a Coast Guard station in the Absecon Inlet, which separates Brigantine and Atlantic City, when it broke loose from its moorings.

HEALTH CAPSULE

Did You Know ?

Adults need 7-9 hours of quality sleep each night for optimal health.

By Dr. Lakshmi Narasimhan R. - Consultant – Pulmonology
Manipal Hospital, Mysore

manipalhospitals
LIFE'S ON

** Health Capsule is not intended to be of a diagnostic nature*

Paper presentation at Intl. Symposium in Malaysia

Mysuru, Mar. 17- Dr. S.A. Mohan Krishna, Associate Professor, Department of Mechanical Engineering, Vidyavardhaka College of Engineering (VVCE), Mysuru, will be presenting a technical paper in the ninth International Symposium on Fluid Mechanics and Thermal Sciences-2025 at Putrajaya, Malaysia, on April 16.

Mohan Krishna

The title of the paper is 'Experimental Investigation and Thermal Analysis of a Commercial Helium Liquefaction Arrangement using a Widespread Gifford-McMahon Cryocooler.'

This International Symposium is being organised by Semalak Ilmu Research and Consultation, Kajang, Malaysia. Earlier, he has presented research papers in various other nations.

WATER LEVEL

KRS DAM	KABINI DAM	HARANGI DAM
Maximum **124.80 feet**	Maximum **2,284 feet**	Maximum **2,859 feet**
Today's level **109.57 feet**	Today's level **2,271.20 feet**	Today's level **2,834.63 feet**
Last year's level **87.67 feet**	Last year's level **2,267.37 feet**	Last year's level **2,829.78 feet**
Yesterday's level **109.93 feet**	Yesterday's level **2,271.37 feet**	Yesterday's level **2,834.67 feet**
Today's Inflow **48 cusecs**	Today's Inflow **115 cusecs**	Today's Inflow **84 cusecs**
Today's Outflow **4,027 cusecs**	Today's Outflow **1,000 cusecs**	Today's Outflow **100 cusecs**

REALLY...?

- ***Saharan silver ant: The world's fastest ant! At full running speed, it clocks in at a whopping 855 millimetres per second (which is over 1.9 miles per hour).***
- ***Wild Bactrian camel: A master of surviving in dry climes, next on our desert animals' list is the wild Bactrian camel. This two-humped camel is a distinct species from the much more common domesticated Bactrian camel (Camelus bactrianus). Whereas the domesticated form has a population numbering around 2 million, due to its usefulness as a pack animal, the wild form is critically endangered with only about 1,000 individuals left. Most live in remote areas of the Gobi desert in Mongolia.***

LAUGHTER THE BEST MEDICINE

"Well, little girl, what are you going to do when you will be as big as Mummy?"
Same as Mummy.
Try to slim !!

TODAY'S CURRENCY RATE

1 US Dollar	= Rs. 86.82
1 UK Pound	= Rs. 112.33
1 UAE Dirham	= Rs. 23.64
1 Euro	= Rs. 94.43

VOICE OF THE READER

Incomplete road work and dust menace

Sir,

As a resident of Teachers Layout, Yaraganahalli, Mysuru, I would like to bring to your attention the negligence of Mysuru City Corporation (MCC) authorities in our area.

Two months ago, they dug up our street, but the work has been progressing unacceptably slow, causing immense hardship to residents.

The road is in a deplorable state, with thick dust covering the entire area. Every passing vehicle stirs up clouds of dust, making it difficult to walk freely. Pedestrians are forced to cover their faces to avoid inhaling the dust, which is especially concerning as many school children and commuters use this road daily.

The dust has also infiltrated our homes, causing severe discomfort. Despite repeated complaints to the officials concerned, we receive only vague and unsatisfactory responses.

The prolonged exposure to dust is a serious health risk, particularly for children and the elderly, yet there seems to be no urgency in completing the work.

I once again urge the MCC authorities to prioritise and expedite the roadwork to ensure the well-being of the community.

—Arjun

Teachers Layout,
Yaraganahalli
24.2.2025

Union Minister appealed not to shift Kannada Classical Centre

Mysuru, Mar. 17 (SBD&DM)- Kannada Kriya Samithi General Secretary S.R. Sudarshan has said that Union Minister for Steel and Heavy Industries H.D. Kumaraswamy (HDK) has assured that he would appeal the concerned Union Minister against any plans for shifting the Centre of Excellence for Classical Kannada Studies out of Mysuru.

In a press release, Sudarshan said that a delegation of Kannada Kriya Samithi members and Centre for Excellence for Classical Kannada Studies Horata Samithi, presented a memorandum in this regard to HDK, who arrived in the city on Saturday on a private visit.

Pointing out that the delegation was led by noted Historian Prof. P.V. Nanjaraj Urs, Sudarshan said that the city has the Oriental Research Institute, Archaeological Survey of India, Saraswathi Bhandara in the Palace etc., which all will largely help in carrying out Kannada studies and research and furthering the cause of Kannada. This apart, the Government has sanctioned 4 acres and 2 guntas of land for the Centre in Manasagangothri campus. When such is the case, the Centre should not be shifted out of Mysuru for any reason, he said.

Responding to the plea, Kumaraswamy said he would take up the matter with Union Education Minister Dharmendra Pradhan and make all efforts to ensure that the Centre remains in Mysuru. Social activist Aravind Sharma, Karnataka Kannada Vedike President Suresh Babu and others were part of the delegation.

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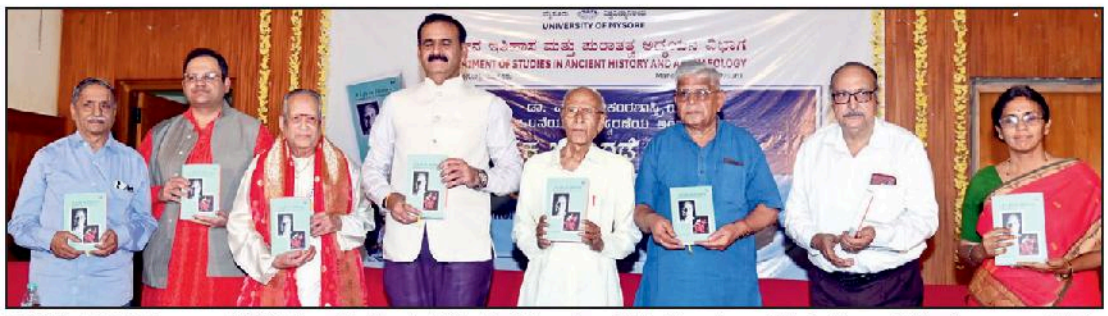
UoM remembers its own historian Dr. S. Srikanta Sastri



FROM LEFT: ***Former KIKS faculty Prof. H.S. Harishankar, M.L. Varchasvi Raje Urs of Manteswamy Mutt, renowned musicologist Vid. R. Visweswaran, University of Mysore Vice-Chancellor Prof. N.K. Lokanath, eminent Kannada scholar Dr. T.V. Venkatachala Sastri, retd. English Professor Dr. D.A. Shankar, author Prof. S. Naganath and Dr. V. Shobha, Head, Department of Ancient History and Archaeology, seen releasing the book.***

Dr. Srikanta Sastri

Mysuru, Mar. 17 (OSR)- The Department of Ancient History and Archaeology, University of Mysore (UoM), had organised an "In Memoriam" function for Dr. S. Srikanta Sastri on the eve of his fiftieth death anniversary at B. M. Shri auditorium, Kuvempu Institute of Kannada Studies (KIKS), Manasagangothri, here on Mar. 14.

Dr. S. Srikanta Sastri (1904 - 1974), a polyglot continued his research work till the last day of his life without any expectation of honours or awards. He taught Indian and Karnataka History to M.A. (Kannada) and M. A. (History) students for 35 years. He was appointed UGC Emeritus Professor from 1960-63.

Releasing Dr. S. Srikanta Sastri's biography titled *"A Life in History,"* authored by his son Prof. S. Naganath, UoM Vice-Chancellor Prof. N. K. Lokanath mentioned that this was the first programme of its kind organised by the University for a scholar who passed away fifty years ago.

M.L. Varchasvi S.S. Raje Urs, the grandson of Jayachamaraja Wadiyar and Pontiff of Manteswamy Mutt at Kappadi, released the book *"The Monarch of Mysore"* (originally authored in Kannada by *Rajasevasaktha Padma Shri* C.K. Venkataramaiah), which has now been translated into English by Prof. S. Naganath. In his speech, he traced the development of educational system in Mysore State during the reign of Nalwadi Krishnaraja Wadiyar.

The eminent Kannada scholar Dr. T. V. Venkatachala Sastri released the book *"Purathatva Shodhane"* by Dr. S. Srikanta Sastri (now in its fourth edition). This book happens to be the first book written in Kannada on Archaeology.

Retired English Professor Dr. D.A. Shankar gave an illuminating talk on *"The Monarch of Mysore"* and spoke about the author Venkataramaiah with whom he had interacted during his college days.

Dr. T. V. Venkatachala Sastri discussed at length the valuable contribution made by Dr. Srikanta Sastri to the field of research in Kannada literature.

Dr. V. Shobha, Head, Department of Ancient History and Archaeology, discussed the historical relevance of *"Purathatva Shodhane"* and lamented that it has not been updated by any scholar in the last 65 years.

Renowned Veena maestro Vidwan Dr. R. Visweswaran reminisced about his days in Maharaja's College, Mysuru, as a student of the first batch of Indology - B. A. Honours course. The Founding-Professor of the Department was Dr. Srikanta Sastri, who had framed the course curriculum for Indology students.

Prof. H. S. Harishankar, well-known translator and former faculty member of KIKS, regretted that rewards, honours and institutional recognition did not come to Dr. Srikanta Sastri. Though he was the second person to obtain a D.Litt. degree from University of Mysore, he was made a full-fledged Professor only six months prior to his retirement.

Radhika Sathyaprakash, who rendered the invocation, sang three verses from the composition "Sri Srikanteshwara Shatakam" by Dr. Srikanta Sastri.

Prof. S. Naganath, second son of Dr. Srikanta Sastri, proposed the vote of thanks, on behalf of the family.

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INTERNATIONAL WOMEN'S DAY SPECIAL...

Bringing dignity to Geriatric Care

Ageing is natural and inevitable, but ageing healthily is a choice. In today's world, where nuclear families have become the norm, many elderly individuals find themselves in Day Care Centres or left alone as younger generations pursue their ambitions.

Beyond financial security, seniors need care, companionship and psychological support to live their later years with dignity and happiness.

On this International Women's Day, *Star of Mysore* **spoke to Dr. Prathibha Pereira, a Geriatrician, who has made it her life's mission to ensure that ageing is not just about adding years but about adding life to those years.**

At 66, as the Head of the Department of Geriatrics at JSS Medical College and Hospital, Mysuru, she finds joy in empowering the elderly to lead healthy and fulfilling lives. — Excerpts:

Dr. Prathibha Pereira, Head, Department of Geriatrics, JSS Medical College and Hospital, Mysuru.

By B.N. Ramya

Star of Mysore (SOM): Is anyone in your family a doctor? What inspired you to specialise in geriatric care?

Dr. Prathibha: I am the first doctor in my family. My biology teacher encouraged me, saying I was good at the subject and medicine was my calling. From then on, there was no turning back. About specialisation, it was around 1993-94, I noticed a shift in hospital patients — more elderly individuals were seeking care, but many specialists lost interest once they turned 60-62. I felt it was unfair to give up on them. I wanted to improve their quality of life and provide care.

SOM: With nuclear families becoming the norm, many find caring for the aged a burden. How challenging is it to head a Department dedicated to elders?

Dr. Prathibha: Caring for the elderly is challenging, especially in rural areas. Many young people move away, leaving their parents with no assistance for daily needs or medical care. Our Department takes a comprehensive approach, including a social worker and a Clinical Psychologist.

We educate rural elders on their rights, including the Supreme Court ruling that mandates children to care for their parents. We also advise them to retain financial independence by not giving away their property.

We conduct village camps to support elderly and lonely individuals. I think we should adopt villages. I started a pilot project in one village where we identified elderly residents living alone. We provided medical care, including cataract surgery for one individual. In another case, a grand-daughter wanted to care for her grandfather but needed to work, so we helped her secure a job. Our challenge is not just medical care but also providing financial, psychological and social support.

SOM: Who supports these projects?

Dr. Prathibha: JSS has been incredibly supportive, including Sri Shivarathri Deshikendra Swamiji, our Vice-Chancellor Dr. H. Basavanagowdappa and Medical Superintendent Dr. C.P. Madhu. We've partnered with 'Vayah Vikas,' a social service organisation and started 'JSS-Vayah Vikas Nodal Centre,' an activity centre for elderly in the JSS Hospital premises in November 2024. At the centre, seniors are made to play indoor games, helping them reconnect with their past. We also conduct regular health camps.

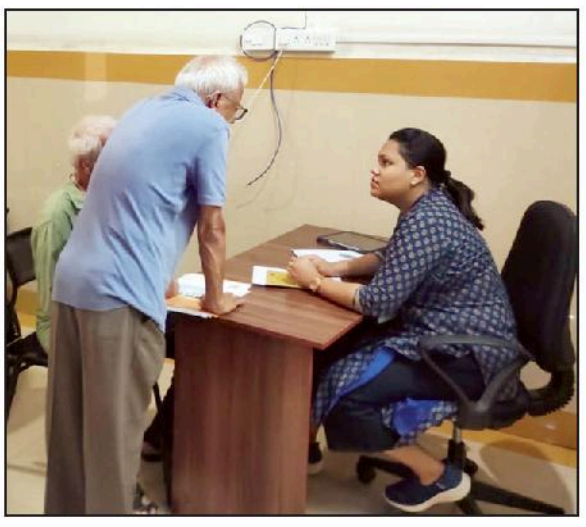
I'm fortunate to have a strong team, including Associate Professors Dr. C.J. Tejaswini and Dr. Shilpa Avarebeel, Assistant Professor Dr. Kshama and RMO Dr. Ajay Sharma.

SOM: Are there cases where children admit their parents and abandon them?

Dr. Prathibha: We don't allow them to abandon their parents. We counsel and guide them to general hospitals or Jan Aushadhi centres for affordable medicines. In some cases, families leave and return after a few days.

During this time, our social workers and nurses care for the elderly, ensuring they are fed and supported. We call their families, bring them back and counsel them on their responsibilities.

[Continued on Page - 9]



Volunteers assisting senior citizens at 'JSS-Vayah Vikas Nodal Centre,' an activity centre for elderly in JSS Hospital premises, Mysuru.

Expert in temple architecture shares his observations

M.N. Prabhakar** (sitting second from right), **an expert in temple architecture, who was felicitated at Mysore Art Gallery on Ramanuja Road in city yesterday, is seen with** (from left) **Gallery Secretary Dr. Jamunarani Mirle, retired History lecturer Prof. L.N. Swamy, Gallery Founder-President L. Shivalingappa and others.

Mysuru, Mar. 17 (GA&BS)- M.N. Prabhakar, an expert in temple architecture, spoke during the 101st Interaction with Achievers organised by Mysore Art Gallery under its Monthly Achievers Series, at its premises on Ramanuja Road in city yesterday.

Prabhakar, a retired Bank Officer, having a passion for architectural study, shared his observations, stating that, since 1834 there are details related to the temples and their architecture, but there is no accuracy. Aihole and Pattadakallu are described as cradle of temples. The available evidences suggest that, Karnataka was the first to have Kalinga style architecture in temples, as seen in Mahakuta in Bagalkot, before spreading towards Maharashtra and other North Indian States.

There exists a few temples in Begur near Bengaluru which are in rectangular shape called 'Nagara style of architecture,' while the Ganga era temples built in Narasamangala, are also in Naga architecture. Likewise, there are temples built in Bhoomika and other styles of architecture in the State.

"The *pradakshina patha* (the circular path around a temple) in Mysuru, Mandya and Chamarajanagar were in common style. When we go to Srirangapatna and Mandya, Kattalu Pradakshina Patha, can be seen in the temples, which is considered as unique in those parts of the State. During Hoysala era, several temples were built using *balapada kallu* (soapstone), which made sculpting easy, the main reason behind using that variety of the stone in carving. Nowadays, the granite stone is being used instead of soapstone," said Prabhakar.

Likewise, the temple architecture differs in every parts of the state, including its gopura (tower) and design, said Prabhakar.

He suggested the gathering to read books titled 'Devalaya Vastu Shilpa', 'Devalaya Vastu Deepike' and another on Somanathapura Temple, published by Prasaranga, the publication wing of University of Mysore (UoM), which shed light on the temples.

Retired lecturer of history Prof. L.N. Swamy was the chief guest. Special invitees were noted gamaki G.S. Padma, retired History Professor Dr. Usharani, Deputy Superintending Epigraphist (Office of the Director of Epigraphy) Dr. S. Nagarajappa and expert in Ancient History and Archaeology Dr. S.N. Shivarudra Swamy.

Mysore Art Gallery Founder-President L. Shivalingappa presided. Gallery Secretary Dr. Jamunarani Mirle and former President of Mysuru District Kannada Sahitya Parishat M. Chandrashekar were present.

NIE, Mysuru signs MoU with a Taiwan University

Mysuru, Mar. 17- The National Institute of Engineering (NIE), Mysuru, has signed a Memorandum of Understanding (MoU) with National Formosa University (NFU), Taiwan, marking a significant step toward fostering academic collaboration, research advancements and technological innovation.

The MoU was formally signed by Prof. Hui-Kai Su, Professor, Department of Electrical Engineering, NFU, Taiwan, Dr. Rohini Nagapadma, Principal, NIE, Mysuru and Dr. S. Prameshwara, Head of the Electronics and Communication Engineering Department, NIE, Mysuru.

This strategic partnership aims to facilitate student and faculty exchange programmes, promote joint research projects and technological innovations, Encourage collaborative learning opportunities in emerging fields, strengthen industry-academia collaborations on a global scale.

As part of the collaboration, Prof. Hui-Kai Su visited the Department of ECE, NIE, following his keynote session at the ICST conference, organised by the Department of Mechanical Engineering, NIE.

Speaking on the occasion, Dr. Rohini Nagapadma emphasised that the MoU will open new avenues for NIE students and researchers to gain international exposure and expertise.

Dr. S. Parameshwara highlighted that this partnership will enable cutting-edge research in areas such as advanced communication systems, AI and IoT.

This collaboration underscores NIE's commitment to global engagement and fostering a dynamic learning ecosystem that bridges academia and industry.

'AI cannot replace teacher in education system'

Mysuru, Mar. 17- International Seminar on 'Innovative and Creative Learning for a Sustainable and Inclusive World' was organised at St. Joseph's College of Education in Mysuru recently.

The International Seminar was inaugurated by the dignitaries by lighting the lamp.

During the inaugural address, Rev. Fr. Edward William Saldanha, Secretary and Correspondent, MDES, emphasised: "In the world of innovative and creative learning, we cannot forget our inborn learning ability. Though we have AI and Machine Learning, a teacher is very much essential and cannot be replaced, in an education system. So, as educators, we should research on innovative and creative learning methods which sustain the inborn learning ability in teaching-learning process."

After the inaugural address, the edited book of research papers was released by the dignitaries.

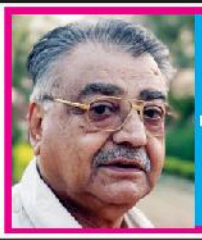
The Resource Persons Dr. M. Prabavathy, Associate Professor and Director, Centre for Differently Abled Persons, Bharathidasan University, Tamil Nadu, Wondifraw Dejene, Associate Professor of Curriculum and Instruction, Dire-Dawa University, Ethiopia and Dr. Mary George Varghese, Assistant Professor of Education, College of Arts Education and Social Sciences, Abu Dhabi University, Abu Dhabi, UAE, rendered insightful talks on Paradigms of Sustainable Inclusive Education, Creative and Innovative Strategies for Sustainable Development and Sustainable Behaviour Management among Secondary Students respectively.

Seen are** (from left) **Dr. Asha P. Pathrose (Seminar Co-convener), Dr. M. Prabavathy (Resource Person), Dr. Priya Mathew (Principal, St. Joseph's College of Education), Rev. Fr. Edward William Saldanha (Secretary, MDES), Rev. Fr. Naveen Kumar (Treasurer, MDES), Seby Mavely (CEO, MDES), Dr. K.T. Chaluvarajaswamy (Seminar Convener) and Anne Jaya Sheela (Assistant Professor, St. Joseph's College of Education), during the inauguration of International Seminar at St. Joseph's College of Education in city recently.

The event brought together delegates, faculty members, students and distinguished guests from across India and abroad (online mode) to highlight the importance of Inclusion and Sustainability in Education.

Around 80 plus papers were presented in eight parallel sessions on Sustainable Strategies in Education, Innovative Pedagogy for Inclusive Learning, Technology for Equitable Access, Environmental Sustainability, Value-based and Peace-oriented Sustainability, Professional Development for Practitioners, and Innovative Strategies for Entrepreneurship, under the Chairpersons Dr. M. Prabavathy, Dr. B.N. Asha, Prof. G. Sheela, Prof. Ningamma C. Betsur, Prof. M. Pushpa, Dr. B. Sujatha, Dr. H.N. Vishwanath and Dr. Priya Mathew.

Rev. Fr. Naveen Kumar, Treasurer, MDES, Seby Mavely, CEO, Training and Development, MDES, Dr. Priya Mathew, Principal, St. Joseph's College of Education, Dr. K.T. Chaluvarajaswamy, Convener of Seminar, Dr. Asha P. Pathrose, Co-Convener of Seminar and Assistant Prof. Anne Jaya Sheela were present.



Abracadabra...

By K.B. Ganapathy

Kodava Heritage Centre, Madikeri: No accountability

Dr. Mantar Gowda

A view of the Kodava Heritage Centre.

Rathi Vinay Jha

It is beyond one's understanding why no Kodava Samaja, Akhila Kodava Samaja or Federation of Kodava Samajas evinced interest in a project that would be their pride as inheritors of their sacred land Kodagu.

In Democracy all are equal, but in **Indian Democracy** those belonging to a major religion and caste are more equal and their voice is always heard by the government.

Ironically, because of vote bank electoral politics, those belonging to the minority religion are given special attention by all political parties. **However, those among Hindus who belong to a small minority caste (or ethnic group) are ignored and sidelined.** Their voice is not heard by the government. Kodavas in Karnataka are one such small Hindu minority.

An illustrative example of such sinister injustice is the **Kodava Heritage Centre** in Madikeri, Kodagu district of Karnataka State where Congress Government is in power. This project was envisioned by a **Kodava IAS lady Mrs. Rathi Vinay Jha,** 22 years ago when she was the Secretary in the Union Ministry of Tourism at that time. She had visualised this exclusive Kodava ethnic community museum for some very valid reasons. Among them are:

1. Kodavas are a unique, distinct ethnic (tribal) community found nowhere in the world, except in the Western Ghats with thick rain forests.

2. The geographical area where the Kodava ethnic people live is too small. It is on the eastern slopes of the Western Ghats in an area of 4,102 kms square (about 60 miles in length and 35 metres in width).

3. The population of Kodavas in Kodagu, their ancestral land since time unknown, is a minuscule of 150 lakh.

4. Kodavas in Kodagu live as clans with each family known as Okka. Their ancestral house, with its own separate identity by a name, is known as "Ainmane" or "Ballya Mane."

5. Kodavas are very distinct from their neighbouring people — Malayalis, Kannadigas, Tuluvas and Tamilians — in their physical features, language, dress, way of worship (of their ancestors), food habits, customs, culture and celebratory festivals.

6. Kodavas never had Kings from their own community. In the dawn of history there were local chieftains known as Nayakas, among them some were Kodavas. The folklore of Kodavas in oral tradition speaks of their past.

7. Kodavas were hunters and agriculturists.

8. They were also a warrior class serving their Nayakas, Lingayat Kings and after the World War-I in the British army and some in the army of Mysore Kings. **The most famous among those who served in the British army and after independence in the Indian army were Field Marshal K.M. Cariappa and Gen. K.S. Thimayya.**

9. Because Kodavas are a very small community they have no political voice and the government — Centre or State — does not secure them their rights and freedom in times of problems.

10. However, among the most urgent and compelling reason for a **Kodava Museum** as envisaged was the apprehension that Kodavas would soon become a vanishing community in their own land being overwhelmed by a large number of immigrants from the neighbouring States. As it is, Kodagu is flooded with tourists from all over India during all seasons — including monsoon which is very heavy and prolonged.

Therefore, the imperative of the museum which will be a repository and treasure house of Kodavas' history and culture. The tourists who visit Kodagu in droves every day could then visit the museum and learn about Kodavas, the original inhabitants of this beautiful land.

Despite its relevance and importance, it remained a neglected project all these 22 years. Fortunately, now the Kodagu, **Madikeri Congress MLA Dr. Mantar Gowda** has shown interest in reviving the project. Sadly, the earlier BJP MLAs, one was a Kodava himself, did not bother a wit about it despite urgings from the press and some Kodava activists — among whom I consider myself as one.

Now thanks to Dr. Mantar Gowda, MLA. He seems like one who will deliver because he has positively responded to a letter written to him by Mrs. Rathi Jha in October 2023.

She had also written a similar letter to Kodagu DC. There was no immediate response, but Mrs. Rathi Vinay Jha is happy that at least after a year-and-a-half of her writing a letter, a decision has been taken on her suggestion of a PPP (Public Private Participation) model and an assurance is also given in the Karnataka Assembly. The full text of Mrs. Rathi Jha's letter is produced alongside.

It is beyond one's understanding why no Kodava Samaja, Akhila Kodava Samaja or Federation of Kodava Samajas evinced interest in a project that would be their pride as inheritors of their sacred land Kodagu.

e-mail: voice@starofmysore.com

Mrs. Rathi Jha's letter to Madikeri MLA Dr. Mantar Gowda

Dear Shri Mantar Gowda,

Reference your call to me this morning. Here is a brief about the Kodava Heritage project at Madikeri:

In FY 2003-2004 the Union Ministry of Tourism, GOI, gave a Rs. 5 crore grant for development of Tourism in Kodagu district. It was the very first time ever in all these years that Kodagu district with great tourism potential was getting a development grant from GOI. Out of this grant, Rs. 1 crore was earmarked for the setting up of a Kodava Heritage Centre on the lines of a similar grant given for a Parsi Heritage Centre in Gujarat. I was the Secretary in the Ministry of Tourism at this time.

This matter was followed up five years later by me for grant of land for the Centre in Madikeri when I found that there was no movement on starting the project. I inspected some sites offered by the District authorities in Kodagu. Madikeri was selected as the location because of higher tourism footfalls there than any other location in the district. And land was granted opposite Mahindra Resort (also overlooking Mercara Golf course) in Galibeedu area.

GOK added on funds to the GOI grant and construction started. Mr. Prasad was the DC when construction got going and I had inspected the site. But once he got transferred nothing much moved and the contractor involved is facing a case for corruption. Unfortunately, this project has suffered because of apathy and corruption and got delayed across all these years.

When I brought up the subject again at GOI level, the then Secretary, Tourism, GOK, at Bangalore Mr. Pankaj Pandey took immediate action and the construction work was resumed. During the time of Ms. Charulata Somal as DC, Kodagu, the construction was almost completed towards end 2021. My last visit to the site was when she took me around in Oct. 2021. I have since then been following up but nothing has moved further. In all these years I am surprised there has not been any committed follow up by any Kodava groups or political representatives or the District authorities in Coorg.

As I understand at the last review last year by the Secretary, Dept. of Tourism, GOK, there was a request for some Rs. 4 crore+ to complete the building, landscaping and fencing. This is perhaps pending with the Department of Finance, GOK. As for the way forward, some things that need to be noted are as follows:

1. Building must be inspected / certified for structural stability. Also made conducive for use as a museum by plastering the inside of laterite walls etc., considering the weather and pest infestation in Madikeri. Building must be occupied asap because leaving it empty like this will only harm the life of the building. And enhance the waste of public funds.

2. The museum needs to be curated. This curation will cost as much as the Thimayya Museum has cost and also take time. The DC, Coorg, had monitored the setting up of that museum. I have personally initiated a project for a virtual museum on Kodava heritage and culture after collecting CSR funds. This website will be launched by end of this year. I am willing to cooperate with the information collected for this virtual museum to support the curation of the Centre if required. This can bring down the costs on curation of the museum.

3. GOK has to consider long term and annual maintenance of this Centre. The earlier Secretary, Department of Tourism, GOK, had suggested that JLR can take it over. As a profitable PSU in Karnataka they can support and sustain the maintenance as required. But it is not clear if they are willing to take in this responsibility.

4. The best is to manage it on a PPP model with a hospitality partner like the Taj or Mahindra. They are located in Madikeri, Kodagu (close to the Centre) and could manage and also sustain the annual maintenance with their CSR funds etc. This will need to be coordinated by the Department of Tourism in GOK.

5. Kodava Samajas or any established Kodava group can also come forward to maintain the Centre. However for any party or model of ownership and management as listed in points 4, 5, 6 herein there has to be a clear projection of annual maintenance costs etc. And whoever takes over must be able to raise such annual funding. The Thimayya Museum model will offer a lot of information on this issue. So planning and estimates on running the museum can be done accordingly.

6. There are many other issues to be addressed. But if the initial issues can be sorted out and the museum can get going at least by April of 2024 it will be a great achievement. It will be the fruition of a project that has languished for almost 20 years. If there is any advice or help you need to get this project going, do let me know. I would be happy to help as a Kodavati proud of my home land.

With regards,

Rathi Jha

From Sri Ganapathy Ashram to Srikanteshwaraswamy Sannidhi

Padayatra for healthy world

Mysuru, Mar. 17- Under the slogan 'World peace and march towards a healthy world,' a padayatra was organised from Sri Ganapathy Sachchidananda Ashram in city this morning to Srikanteshwaraswamy Sannidhi in Nanjangud. With the blessings of Datta Peethadhipati Sri Ganapathy Sachchidananda Swamiji, the padayatra went to Srikanteshwaraswamy Sannidhi under the leadership of Sri Datta Vijayananda Theertha Swamiji.

This special programme was organised to create awareness about walking as the best exercise for human health.

'Power Star' remembered on 50th birth anniversary

Various organisations and fans celebrated the 50th birth anniversary of late actor 'Power Star' Dr. Puneeth Rajkumar (Appu) in city this morning. Members of Puneeth Rajkumar Fans Association distributed sweets to public in several localities, where the actor's portraits were put up and floral tributes offered. A huge cut-out of the late actor has been installed on Devaraj Urs Road. Appu fans also burst crackers in front of Gayathri Talkies on Chamaraja Double Road which is screening 'Appu,' the first movie of Puneeth Rajkumar.

Bank Dy. Manager held in Bengaluru for cheating elderly couple of Rs. 50 lakh

(Continued from page 1)

On Feb. 13, Meghana visited Savithramma's house, deceitfully obtained a signed cheque and documents, and on the same day, transferred Rs. 50 lakh to Anwar Ghouse's account via RTGS, the Police confirmed.

On Feb. 14, Anwar Ghouse withdrew Rs. 30 lakh, handing it over to Meghana and her friend Shivaprasad, who then travelled to Ankola. Meghana and her friend allegedly used part of the money for a trip to Gokarna before returning to Bengaluru.

Fraud comes to light

On Feb. 27, Savithramma's son, Chennamallikarjuna, visited her home. While checking his father's mobile phone, he was shocked to see a transaction message of Rs. 50 lakh transferred via RTGS to Anwar Ghouse's account.

When he questioned his mother, she informed him that Meghana had obtained her signatures on some documents.

The next day, Chennamallikarjuna and Savithramma confronted Meghana at the bank, who initially tried to cover up the fraud by presenting a form supposedly signed by Savithramma, falsely claiming it authorised the transfer.

Realising the deception, the family immediately contacted the Cybercrime Helpline (1930) and filed a Police complaint. The Giriagar Police registered a case under Sections 316 (Criminal Breach of Trust) and 318 (Cheating) of the Bharatiya Nyaya Sanhita (BNS).

Investigators froze the remaining Rs. 20 lakh in Anwar Ghouse's account. Meghana was arrested from Kerala, where she admitted to misappropriating the funds to repay her boyfriend's debts and personal expenses. Later, Shivaprasad was arrested in Bengaluru. Anwar Ghouse and Varadaraju were arrested in Ankola, who denied any role in the fraud. All four accused have been remanded in Judicial Custody and the Police suspect that the money was transferred to Ghouse's account for a quick investment scheme, intending to return it later.

Hebbal Lake cleaning begins

(Continued from page 1)

CMC workers are installing the barriers with the help of boats, clearing water hyacinth and underwater solid waste in stages.

Hootagalli CMC Commissioner B.N. Chandrashekhar told *SOM* this morning that the barriers have proven effective. "The work is underway, but as the lake is vast, it will take at least a week to remove the water hyacinth and underwater waste. Henceforth, we will regularly clean the lakes," he said.

During their visit, the DC and MCC Commissioner directed local authorities to prevent sewage and industrial effluent discharge into the lake. Currently, the lake is maintained by Karnataka Industrial Areas Development Board (KIADB). Although several waste inlets have been sealed, one major inlet continues to spew untreated sewage from nearby residential areas, along with industrial waste from the Hebbal Industrial Area, plastic and animal waste — undoing much of the progress made over the years.

The DC has instructed the MCC Commissioner to prepare an estimate for a hi-tech Sewage Treatment Plant at the inlet to treat wastewater before it enters the lake. Additionally, the MCC Commissioner has directed Engineers from Vani Vilas Water Works (VVWW) to draft an action plan to halt sewage and industrial effluent flow into city lakes. Even Mysore Grahakara Parishat (MGP) had filed a complaint with the DC regarding the issue.

Vairamudi Utsava from Apr. 2

Mandya, Mar. 17- Vairamudi Utsava at Melukote in Pandavapura taluk will be held from Apr. 2 to 14, said Agriculture and Mandya District Minister N. Cheluvarayaswamy.

Presiding over the preparatory meeting at Cauvery auditorium in Zilla Panchayat here yesterday, he instructed the officials to ensure all arrangements were in place prior to commencement of Vairamudi festival.

"Food safety officers must be deputed at the Dasoha Bhavan to check the quality of food and drinking water before being served to devotees. Road works including covering the potholes must be completed at the earliest for smooth flow of traffic," he said and instructed the Police to deploy adequate personnel at the vehicle parking area.

Melukote MLA Darshan Puttannaiah said drinking water arrangements must made at all points where people gather in large numbers including the parking area, near kalyanis and area surrounding the temple.

He suggested to install boards at vantage points to create awareness about Dasoha Bhavan to the devotees. He also informed the district administration to make arrangements for additional transformers at Melukote temple to ensure sufficient lighting arrangements during the 12-day festival.

Mandya DC Dr. Kumara said that CCTVs at a cost of Rs. 19 lakh would be installed permanently at Melukote for which control room would be set up at Office of Temple Executive Officer.

"Lifeguards will be deployed at kalyanis to keep a watch on devotees coming to take a holy dip. Dressing room for women and sufficient lighting arrangements would be made to ensure safety of devotees," he added.

MLA P. Ravikumar, ZP CEO K.R. Nandini, SP Mallikarjun Baladandi, Addl. SP B.C. Shivanandamurthy, Pandavapura Assistant Commissioner Srinivas and others were present.

World Kidney Day celebrated at Gopala Gowda Hospital

As part of World Kidney Day celebrations, a week-long free kidney disease-related consultation with Consultant Nephrologist and Transplant Physician Dr. M.S. Shashank, was organised at Gopala Gowda Shanthaveri Memorial Hospital in city recently. Picture shows the hospital team.

NEWS BRIEFS

Brahma Rathotsava atop Hill on Mar. 20

The Brahma Rathotsava of Sri Mahabaleshwara Swamy atop Chamundi Hill will be held on Mar. 20. Srimad Divya Brahma Rathotsava will be held between 7.55 am and 8.25 am. As a prelude, various rituals are being held at the temple from Mar. 13. Tomorrow (Mar. 18) night, Vrushabha Vahana programme will be held and on Mar. 19 evening, Panchami Kalasha Rohana followed by Gajarohana programme will be conducted. On Mar. 21 morning, Saptami Ashwarohana, Bhootavahana programme, Mar. 22 night, Ashtami Theerthasnana, Pallakki Utsava, Andolikarohana, Mar. 23 evening, Navami Panchopachara, Kailasa Vahana, Shayanotsava, Mar. 24 morning, Dashami, Mahabhisheka and Vrushabha Vahana programme will be held, according to a press release from Shree Chamundeshwari Kshetra Development Authority Secretary.

Admissions open at KSOU

Karnataka State Open University (KSOU) has started admission to 69 courses including BA, B.Com, B.Sc, B.Sc-IT, BCA, BBA, B.Lib.I.Sc., BSW and MA, M.Com, M.Sc, MBA, MCA, MSW, M.Lib.I.Sc, PG Certificate, UG Diploma & Certificate for January 2024-25 cycle. Students can get admission through online by submitting the necessary documents at the Mysuru Head Office or their nearest authorised Regional Centres before Mar. 31. Also, KSOU offers online courses such as BA, B.Com, MA (Kannada, Hindi, Sanskrit, Economics, English), M.Com, MBA, M.Sc (Mathematics) and students who wish to study online can get admission to these courses as per rules. A student is allowed to take admission in two eligible courses simultaneously. There is fee concession/ full fee exemption for various categories of students and eligible students can take advantage of this. For details, log on to ***www.ksoumysuru.ac.in*** or call Mob: 99453-66062 or 90353-95137, according to a press release from the KSOU.

Free spoken English class

G.R.N. Academy, located in Parakala Swamy Mutt building, Krishnavilas Road, near Jaganmohan Palace, Devaraja Mohalla in city, will be conducting free Spoken English class for boy and girl students and unemployed youths, at its premises. For registration and details, contact Mob: 90089-40702.

Mysuru-Bengaluru Highway

No closure of entry, exit points, clarifies PWD Minister Jarkiholi

Mandya, Mar. 17 (Agencies)- PWD Minister Satish Jarkiholi has clarified that the entry and exit points on Mysuru- Bengaluru Highway (NH-275) near Bidadi, Mandya, Pandavapura and Srirangapatna taluks, have not been closed.

He was replying to the pointed questions of MLC Dinesh Gooligowda, at the Legislative Council in Bengaluru on Saturday.

However, Jarkiholi clarified that, following the spate of accidents, the exit of trucks through the by-pass near the Toll Plaza at Thoobinakere has been restricted.

MLC Gooligowda had raised the issue in the Council, asking whether the Govt. was aware of the inconvenience being faced by the public, due to the closure of entry and exit points of Mysuru-Bengaluru Highway at the headquarters of Bidadi, Mandya, Pandavapura and Srirangapatna, without any prior notice.

Responding to the question, PWD Minister said, the Heavy Motor Vehicles (HMVs) proceeding towards Mysuru from Bengaluru, were exiting through the by-pass adjacent to the toll plaza near Thoobinakere. This had resulted in a series of accidents involving the two-wheelers of nearby villages and also the surge in traffic density. The surrounding villagers had staged a protest to ban the movement of heavy motor vehicles through the by-pass road.

The National Highways Authority of India (NHAI) had submitted a report, stating that, barring the movement of cars, jeeps and other vehicles, the movement of HMVs through the by-pass of the toll plaza near Thoobinakere has been prohibited, said Jarkiholi.

As per the project agreement, the works related to either side of Expressway have been completed, with the access to service road available from Bengaluru to Mysuru. While travelling from Bengaluru towards Mysuru, there are several entry and exit points; near Wonder La junction at Bidadi; one junction at Ramanagar, two entry and exit points at each of Channapatna, Maddur and Mandya; while the entry point is allowed near Thoobinakere, the exit point is restricted for HMVs, said Jarkiholi.

Udayagiri violence: City Court cancels banishment order of accused

Mysuru, Mar. 17 (RK&KS)- City's Principal District and Sessions Court has cancelled the banishment order given by the Police to Satish (Panduranga), the accused, who had posted derogatory photo on social media. Satish, a businessman, was earlier arrested and was released after a Court granted him bail.

Following the Udayagiri violence, in which people had pelted stones at Udayagiri Police Station after Satish posted the derogatory photo, the Police had arrested him. Police then urged the Court seeking permission to banish Satish as it would be difficult to maintain law and order situation and Police had issued the banishment order to Satish.

Principal District and Sessions Court Judge Usharani, who took up the case, heard the arguments from both sides and cancelled the banishment order on Saturday afternoon as there was a violation in the procedure of the banishment order.

Satish's Advocate Bhaskar argued that although no specific person had filed a complaint in this case, the Police registered a *suo moto* case and had arrested Satish. The Advocate also argued that it is not right on the part of Police to conduct investigation without taking the mobile phone of Satish into their custody.

Satish's Advocate also told the Court that Satish do not have any criminal cases against him nor he is a rowdy-sheeter and Satish has not gone to jail even once and hence issuing banishment order to Satish was against law.

Thief snatches rolled gold chain, but woman saves gold *tali*

Mysuru, Mar. 17 (SBD&BCT)- A robbery occurred in Kuvempunagar, Mysuru, when a woman returning home from her evening walk was targeted by a thief who snatched her *mangalasutra* and fled in an autorickshaw.

However, the stolen chain turned out to be rolled gold, as the woman had managed to hold onto the gold *tali*, saving it.

Lakshmi (57), a resident of Kuvempunagar 2nd Stage, M Block, was walking near Jyothi School around 8.30 pm on Friday when a man standing beside an autorickshaw offered her a ride home, saying, "Come, I'll drop you at your house." She declined, replying, "No need, my house is nearby, I'll walk."

As Lakshmi continued walking, the man started the autorickshaw but suddenly got down and attempted to snatch her *mangalasutra*. She clutched the gold *tali* tightly and screamed for help, but despite her resistance, the man managed to break the chain and flee in the auto-rickshaw. Her quick reflexes saved the gold *tali*.

Following Lakshmi's complaint, Kuvempunagar Police have registered a case and launched a search for the suspect.

Elderly man killed in accident

Mysuru, Mar. 17 (SBD&BCT)- A 60-year-old man, riding a moped, was killed in a road accident at Gungral Chathra village, Yelwal hobli. The accident left two others injured.

The deceased, identified as Puttanayaka, a resident of the village, succumbed to his injuries, while Sujith and Preetham from Rattanahalli sustained injuries.

The accident occurred on Friday afternoon when Puttanayaka was riding his moped (KA-09-HV-6778) to refuel it and a bike (KA-09-HP-6589), travelling from Hosakote towards Yelwal, collided with him.

All three injured were rushed to a private hospital in Mysuru by ambulance. However, Puttanayaka succumbed to his injuries en route.

Yelwal Police have registered a case and launched an investigation into the accident.

Mysuru woman dies of heart attack during Ayodhya pilgrimage

Vinutha

Mysuru, Mar. 17 (PM&BCT)- A woman from Mysuru, who had travelled to Ayodhya and other parts of North India, tragically passed away due to a heart attack in Lucknow.

The deceased has been identified as Vinutha Sudheer Acharya (49), a resident of RMP Quarters, Kuvempunagar, Mysuru.

Vinutha was part of a 70-member travel group led by Thirumalachar Kadambi, a resident of H.D. Kote. The group embarked on the journey from Mysuru on March 12. During the trip, Vinutha experienced health issues and received treatment at a local hospital. Despite this, she continued with the pilgrimage. However, while staying at a lodging facility, she became severely fatigued. She was being taken to a hospital when she suffered a fatal heart attack en route, reports said.

Vinutha is survived by her husband, son and extended family. Her husband was called from Mysuru and her mortal remains were transported to the city on Sunday via a cargo flight. The last rites were performed at the foothills of Chamundi.

Originally from H.D. Kote, Vinutha was the daughter of late Geetha and Ramakrishna. She lived in Mysuru with her husband, Sudheer Acharya, and their son.

Obituary

Mary George

Mysuru, Mar. 17- Mary George (88), wife of late K.A. George, retired Nursing Superintendent, Mysuru, passed away yesterday morning.

She leaves behind her son Vincent, daughters Reema and Reeta and a host of relatives and friends.

The Funeral Service was held at 4 pm today (Mar. 17), followed by the Funeral Mass at Roman Catholic Cemetery in Gandhinagar at 4.30 pm, according to family sources.

Geriatric Care

[Continued from Page - 4]

SOM: What is more challenging — educating youngsters on elder care or providing psychological and moral support to older adults?

Dr. Prathibha: The key is to empower the elderly. In Indian culture, older adults often become dependent on their children, but we teach them to be self-reliant. Through 'Vayah Vikas', we educate them on legal rights, Government support and technology use.

The biggest challenge is supporting those with cognitive impairment, as resources for them are still lacking. However, we are working towards improving their care as well.

SOM: Can you share a moment that made you proud as a woman in your profession?

Dr. Prathibha: I take great pride in supporting elderly women who care for their ageing husbands. I show them that, even at 66, I can stay strong and independent. Women often neglect themselves while caring for their spouses. I once counselled a woman whose husband had severe dementia — while he was always well-groomed, she looked exhausted, unkempt and worn out.

I made her realise that she also needed to care for herself. Eventually, she took a short vacation, leaving her husband in her daughter's care. When she returned, she was happier and more energised. My mission is to help women understand that no matter how challenging life gets, they should never forget themselves or their self-worth.

SOM: Is ageing different for men and women? Women often struggle with menopause but hesitate to discuss it.

Dr. Prathibha: Ageing is the same, but women handle it better than men. Men also go through male menopause but often don't recognise it. Women, on the other hand, feel guilty discussing their struggles, thinking it's wrong to talk about their issues. I encourage them to speak up and not see themselves as victims.

I teach them the concept of 'attach-detach'— being emotionally connected to their loved ones but not burdened by circumstances. Menopause is a difficult phase and families often don't understand why women behave differently during this time. Just as we have education programmes on menstruation, we need similar awareness for menopause — teaching women how to manage it and ensuring society understands its impact.

SOM: Role of the family in women's healthy ageing.

Dr. Prathibha: I often see men going for walks, but rarely women. We need to acknowledge that women age too and they need time for themselves. It's not just about physical exercise — it's about mental, spiritual and emotional well-being.

Husbands, sons and children must recognise this and encourage women to prioritise their health. When a woman is physically and mentally strong, she can support her family more effectively. The family must allow her this time and she must take it for herself.

SOM: Most rewarding phase of your career — have you learned something from a patient?

Dr. Prathibha: There have been many instances. When we prescribe treatment, families sometimes incorporate alternative medicine into the therapy and their insights broaden our perspective. I've learned that elder care shouldn't be limited to allopathy alone — Ayurveda, homoeopathy and other approaches can be beneficial.

This led me to collaborate with Ayurveda practitioners. For example, stroke patients sent to Ayurveda centres have shown significant improvement. In cases like chronic constipation, where allopathy may not be very effective, I learned from Ayurveda experts about Anuloma, a solution that has helped many.

SOM: How do you balance family life amidst your profession? Any hobbies?

Dr. Prathibha: I don't do private practice. I work in the hospital until 4.30 pm and then return home to spend time with my family. I am learning flute and attempting to learn a new language. I already know Kannada, Konkani, Marathi, Hindi, Tulu, Telugu, Tamil, Bengali and Malayalam. I enjoy playing with my grandson, chatting with family, cooking a little and in the mornings, I do my session of Yoga before heading to work.

SOM: Women's Day message for women and men.

Dr. Prathibha: To women: Never give up on life. Don't just exist — live fully. To men: Support the women in your lives. Encourage them to follow their passion.

ACADEMICS AND FAMILY

Dr. Prathibha Pereira completed her MBBS in 1984 and MD in General Medicine in 1987 from Kasturba Medical College (KMC), Mangaluru. She earned a Diploma in Geriatrics in 1995 from the International Institute on Ageing (INIA), Malta, on a scholarship and also completed a Post Graduate Diploma in Geriatric Medicine (PGDGM) from Indira Gandhi National Open University (IGNOU).

With experience in various capacities at medical colleges and hospitals in Mangaluru and Bengaluru, Dr. Prathibha, who started service to elderly at KMC, Mangaluru, in 1997, has been serving in the Department of Geriatrics at JSS Medical College, JSS Academy of Higher Education and Research (JSS AHER), Mysuru, since 2014.

She is the daughter of late K.V. Murthy, a well-known art patron and industrialist from Mysuru and late Lalitha Murthy and resides at Bogadi with her husband, Harold C. Pereira, sons Gautham Pereira and Gaurav Pereira, daughters-in-law Archana Pereira and Mellissa Pereira, and grandson Reyan Pereira.

JSS AHER hosts National Conference

"Applied Biotechnological & Biosciences Interventions in New Age Translational Therapeutics"

FROM LEFT: ***Dr. Kanthesh M. Basalingappa, Organising Secretary of the Conference, Dr. A.W. Santhosh Kumar, President of International Applied Biologists Association, Prof. Appa Rao Podile, former Vice-Chancellor of University of Hyderabad, Dr. H. Basavanagowdappa, Vice-Chancellor of JSS AHER and Prof. K.A. Raveesha, Dean, Faculty of Life Sciences, JSS AHER, seen releasing the souvenir.***

Mysuru, Mar. 17- A National conference on "Applied Biotechnological & Biosciences Interventions in New Age Translational Therapeutics (ABBINATT-2025)" concluded at JSS Academy of Higher Education and Research (JSS AHER), Mysuru recently.

JSS AHER had organised the conference in association with the International Applied Biologists Association (IABA).

The conference attracted distinguished researchers, academicians and industry leaders engaged in the fields of biotechnology, biosciences and translational therapeutics.

It was supported by Department of Biotechnology (DBT), Council of Scientific and Industrial Research (CSIR) and the Ministry of Science and Technology, Government of India.

Keynote address was delivered by Prof. Appa Rao Podile, D.Sc. (Hon.), a distinguished scientist and former Vice-Chancellor, University of Hyderabad.

A Fellow of multiple National Academies, he shared insights on current state of translational therapeutics and the imperative for continuous innovation in biotechnological research.

In his Presidential address, Dr. H. Basavanagowdappa, Vice-Chancellor of JSS AHER, emphasised on the need for interdisciplinary collaboration to accelerate advancements in applied biosciences.

Prof. K.A. Raveesha, Dean, Faculty of Life Sciences at JSS AHER, highlighted the institution's commitment to fostering cutting-edge research in the life sciences domain.

Dr. A.W. Santhosh Kumar, President of IABA and Dr. Kanthesh M. Basalingappa, Organising Secretary of the Conference and Associate Professor at JSS AHER, underscored the event's role as a platform for knowledge dissemination and professional networking.

The event witnessed a total of 222 registered participants, with significant representation from within Karnataka as well as from other States including Tamil Nadu, Kerala, Andhra Pradesh, Maharashtra, Gujarat, Rajasthan and Telangana.

Topics included "Liquid Biopsy in Clinical Oncology," "Advancements in Molecular Diagnostics," "Therapeutics in Cancer Research" and "Innovative Approaches in Endocrinology."

Speakers included Dr. Natarajan Aravindan (Oklahoma State University, USA), Dr. Akhil Srivastava (University of Missouri-Columbia, USA) and Dr. Arindam Banerjee (Life Senz Cancer Research Labs, Mumbai).

In addition to intellectual exchange, ABBINATT-2025 recognised excellence in research through a series of prestigious awards — The Maheshwarappa M. Basalingappa Memorial Award for Best Research Paper, the Prof. Dr. Pasupuleti Vishweswara Rao Young Scientist Award and the Subramaniam Rajalakshmi Young Innovator Award were presented to promising researchers for their contributions to the field.

Furthermore, oral and poster presentation awards were given in recognition of outstanding scholarly work, with gold medals and certificates acknowledging academic achievements in translational biosciences.

Dr. Sandeep M. Eswarappa, Professor at the Indian Institute of Science (IISc), Bengaluru, delivered the valedictory address, emphasising on the importance of collaborative research in advancing global health initiatives.

Dr. Prashanth M. Vishwanth, Dean of Research at JSS AHER and Dr. Vishal Kumar Gupta, Dean of Academics at JSS AHER also spoke.

WORD OF THE DAY

Stratagem

Pronunciation: STRAT-uh-jum (Noun)
Meaning: A stratagem is a trick or plan for deceiving an enemy or for achieving a goal.
Origin: A stratagem is any clever scheme—sometimes one that's part of an overall strategy (that is, a carefully prepared plan of action). The word stratagem entered English in the 15th century and was originally used in reference to some artifice, such as a military plan or maneuver, that was designed to deceive or outwit the enemy. This military sense can be traced back to the word's Greek ancestor stratēgein, meaning "to act as a general." Stratēgein, in turn, comes from stratēgos (meaning "general"), which comes from stratos ("camp" or "army") and agein ("to lead"). Stratēgos is an ancestor of strategy as well; that word arrived in English more than a century after stratagem.
Example: "In one illustration of the mashup of sacred and superstitious, [author Tabitha] Stanmore describes a 'trial by combat' ... to win Sherborne Castle. The devious bishop sewed 'prayers and charms' inside his fighter's coat to give him an edge. The stratagem was discovered, but the cunning cleric won the castle and kept his miter." — Liesl Schillinger, The New York Times, 7 July 2024

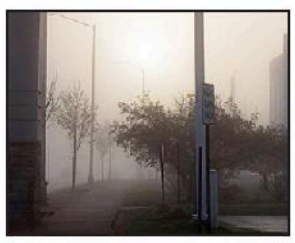
THE ODD WORD

Trichophobia

Fear of hair.

PHRASE OF THE DAY

Doom and Gloom



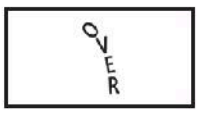
Meaning: You use the expression "Doom and Gloom" to discuss a feeling, atmosphere, or sense of despondency, pessimism, or general glumness. The phrase is often connected to political or business dealings as well as to personal feelings.
Origin: The phrase "Doom and Gloom" was first seen in late 19th century newspapers, and was initially limited to discussions of politics and finance. The 1947 stage production Finian's Rainbow led to more widespread use.
Example: 'It's been Doom and Gloom around the office ever since we lost that important account."

QUOTE BOX

The true art of memory is the art of attention. **—Samuel Johnson**

RIDDLE THIS

Solve the rebus:



Answer: Bend (or fall or lean) over backwards.

CROSS WORD

ACROSS:

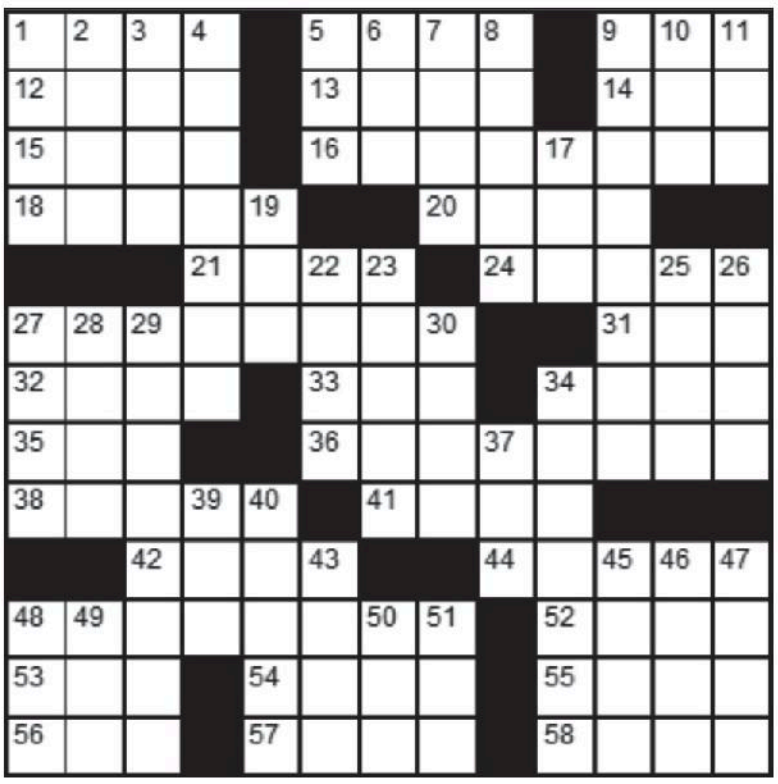
1 Multiple choice choices
5 Bulk, majority
9 Prefix for fix
12 Festival of colours
13 Murder
14 Tawdry newspaper
15 Slayer of Adonis ?
16 Inspiring or stimulating?
18 Confuse or obscure
20 Tax on goods
21 Stinging insect
24 Cook egg without shell on boiling water
27 Heavy shower
31 Denial in Scotland?
32 Noted times
33 Air Transport Assoc.
34 Similar
35 Famous Hindi movie of days gone by - fire in Hindi?
36 Violent or lawless people
38 Tiny particle
41 Couple
42 "Sore" anagram for a lot of eggs?
44 "Stars" broken as old time rulers ?
48 Proof
52 Casual greeting
53 Mihir ___ : first Indian to swim the English Channel?
54 One of the Apostles
55 One much admired
56 Time To Go
57 Certain NCO's
58 Sneaky ____ : a tell-tale person, should we say?

YESTERDAY'S ANSWER

L	A	P	■	P	A	P	A	■	A	G	E	D
A	G	L	■	E	N	O	L	■	N	I	C	E
P	R	O	T	O	C	O	L	■	A	N	O	N
P	A	Y	U	P	■	H	A	L	L	■	■	■
■	■	■	M	L	I	■	H	E	Y	D	A	Y
S	A	S	■	E	L	I	■	O	S	A	K	A
P	A	L	P	■	L	C	D	■	E	R	I	N
U	R	A	L	S	■	Y	E	T	■	A	N	G
R	E	V	I	E	W	■	R	O	D	■	■	■
■	■	■	A	T	O	M	■	N	I	C	K	S
B	L	O	B	■	R	E	G	I	M	E	N	T
A	X	I	L	■	L	I	N	N	■	L	O	O
N	I	L	E	■	D	R	U	G	■	T	W	A

DOWN

1 Famous whaler of Moby Dick?
2 Endured
3 A musical symbol
4 Casts off, rejects or jilts
5 Short for 'manuscripts'
6 Altitude
7 Spoke or uttered
8 Thick sweet liquid
9 Ms Chopra of Bollywood
10 Was a candidate
11 Breakfast staple
17 Road Transport Office, in short
19 Breach or hiatus
22 Rise rapidly
23 __ __ with : bear or tolerate? (3,2)
25 Genesis figure
26 Female birds
27 Unable to hear
28 Related to the mouth
29 Betting
30 Nadal's nickname
34 Zeppelin
37 Suitable
39 Large sea fish
40 ___ mum : says nothing ?
43 Unforeseen difficulty
45 Assistant
46 An Indian peasant during the British rule
47 On ___ : offered for purchase?
48 Superlative suffix
49 Dobermann doc
50 Sever
51 Electronic Library Sys.



SUDOKU

				3	4	5	7	
	2		9					
	7			2				4
2				6		4		3
3		7		4				8
9				7			5	
					6		4	
	5	8	3	9				

Answer to previous puzzle

1	6	2	4	8	3	5	7	9
9	7	5	2	1	6	8	3	4
4	8	3	7	5	9	2	6	1
3	4	7	1	9	8	6	5	2
2	9	8	6	7	5	1	4	3
6	5	1	3	2	4	7	9	8
5	3	6	8	4	1	9	2	7
8	2	9	5	3	7	4	1	6
7	1	4	9	6	2	3	8	5

Sudoku is a number-placing puzzle based on a 9x9 grid with several given numbers. The object is to place the numbers 1 to 9 in the empty squares so that each row, each column and each 3x3 box contains the same number only once. The difficulty level of the Concept is Sudoku increases from Monday to Sunday.

CRYPTOQUIP

The Cryptoquip is a substitution cipher in which one letter stands for another. If you think that X equals O, it will equal O throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

W RHU'X MWFB XYVX PVU. W PSTX

LBX XH FUHK YWP QBXXBD.

TODAY'S CLUE: R EQUALS D

Yesterday's Cryptoquip: Friends help you move. Real friends help you move bodies.

MOVIE LOVERS

NOW SHOWING - SINGLE SCREEN THEATRES

- **Gayathri Theatre** — **Ph: 2443568**
  Appu (K) - 4 Shows
- **Mahadeshwara Theatre** — **Mob: 99008-20093**
  Sankranthiki Vasthunam (Te) - 4 Shows
- **Woodlands Theatre** — **Ph: 2422871**
  Bheema (K) - 4 Shows
- **Padma Theatre** — **Ph: 2521923**
  Gagana Kusuma (K) - 2 Shows; *Robber (Ta)* - 2 Shows
- **Thibbadevi Theatre** — **Ph: 2452958**
  Duster (Ta) - 4 Shows
- **Prabha Theatre** — **Mob: 98454-14691**
  Bhagiratha (K) - 4 Shows
- **Sangam Theatre** — **Ph: 2520494**
  Court: State vs A Nobody (Te) - 4 Shows
- **Lido Theatre** — **Ph: 2420885**
  Daaku Maharaaj (Te) - 4 Shows
- **Rajkamal Theatre** — **Ph: 2423554**
  Sweetheart (Ta) - 4 Shows
- **Balaji Theatre** — **Mob: 98863-25207**
  Badass Ravikumar (H) - 3 Shows

DRC CINEMAS — Ph: 4240422, 4241800

The Diplomat (H)	(S-1)	10 am, 12.50 pm, 7 pm
	(S-3)	10.25 pm
Interstellar (E)	(S-1)	3.40 pm, 9.50 pm
Novocaine (E)	(S-2)	10.30 am, 10.20 pm
Dragon (Ta)	(S-2)	1 pm
	(S-3)	10 am
Court: State vs A Nobody (Te)	(S-2)	4.10 pm
Dilruba (Te)	(S-2)	7.15 pm
Sweetheart (Ta)	(S-3)	1.05 pm
Ah (K)	(S-3)	4.10 pm
Chhaava (H)	(S-3)	7.10 pm
Appu (K)	(S-4)	10.40 am, 1.30 pm, 4.15 pm 7 pm, 9.45 pm

MYSURU VISION CINEMAS — Ph: 0821 - 2973519

Forest (K)	(S-1)	1.30 pm
Perusu (Ta)	(S-1)	6.30 pm
Sweetheart (Ta)	(S-1)	9.15 pm
Appu (K)	(S-2)	10.30 am, 1.15 pm 4.15 pm, 7 pm
	(S-3)	9.15 pm
Dilruba (Te)	(S-2)	9.25 pm
Chhaava (H)	(S-3)	6.10 pm

PVR CINEMAS — 4K Dolby 7.1

Nexus Centre City Mall, 2nd Floor. Ph: 0821-230 0402

The Diplomat (H)	:	9.55 am, 1.10 pm, 3.50 pm, 7.05 pm, 10 pm
Appu (K)	:	10.10 am, 12.50 pm, 4.05 pm, 6.45 pm
Court: State vs A Nobody (Te)	:	10.10 am, 6.55 pm
Fanaa (H)	:	11 am
Novocaine (E)	:	11 am, 4.40 pm
Interstellar (E)	:	11.05 am, 5.50 pm, 9.15 pm
Perusu (Ta)	:	1.15 pm
Chhaava (H)	:	1.20 pm, 7 pm
Dune: Part Two (E)	:	2.30 pm, 10.30 pm
Taare Zameen Par (H)	:	3 pm
Dilruba (Te)	:	3.50 pm
Talaash (H)	:	7 pm
Inn Galiyon Mein (H)	:	9.45 pm
Sweetheart (Ta)	:	10 pm
Dragon (Ta)	:	10.20 pm

1st Floor, Garuda Mall. Mob: 88009 00009

Appu (K)	:	9.30 am, 12.30 pm, 3.30 pm 6.30 pm, 9.30 pm
Court: State vs A Nobody (Te)	:	10.05 am, 1.20 pm
Sweetheart (Ta)	:	10.20 am, 4.25 pm
The Diplomat (H)	:	10.50 am, 1.45 pm, 4.40 pm 7.35 pm, 10.30 pm
Murmur (Ta)	:	1.10 pm
Forest (K)	:	4.05 pm
Dragon (Ta)	:	7.05 pm
Perusu (Ta)	:	7.25 pm
Dilruba (Te)	:	10 pm
Chhaava (H)	:	10.15 pm

Lions Club of Mysore Gangothri celebrates Charter Anniversary

Mysuru, Mar. 17- Lions Club of Mysore Gangothri, a 19-year-old Club with 30 members, all members being women, celebrated its Charter Anniversary and District Governor's official visit on Mar. 10. On this occasion, the Club donated Rs. 10,000 to a needy person who is undergoing kidney dialysis.

Speaking on this occasion, District Governor Lion N. Subramanya pmjf appreciated the notable services the Club is rendering to the community and he appealed the members to aim high in its endeavour to serve the needy in the society.

Charter Members Uma Devegowda, K.M. Gayathri Jagadish, Anuradha Nandeesh, Savitha Puttaraju, Bharathi Shivakumar, Yashodha Shivanna and Meena Ravishankar were recognised by the District Governor and were appreciated for their commitment in forming and nurturing the Club.

Lion Chandrakala Ramesh was honoured with Lions International Chevron Pin for being Lion for 15 years. Club President Meena Kumari presided. Secretary Anuradha Nandeesh, Treasurer Umarani, 1st Lady of the District Vani Subramanya, District Cabinet Secretary C.D. Krishna, Additional Cabinet Secretary P. Ramesh and Region Chairperson Shivaramu were present on the occasion. Manjula Bhadregowda was the Master of Ceremony.

EVENTS TODAY (MARCH 17)

- **JSS Mysore Urban Haat:** Gandhi Shilp Bazaar - Handloom and Handicrafts Exhibition, JSS Mysore Urban Haat, Hebbal, **up to 9 pm.**
- **Sahara Arts & Crafts:** Shopping Festival, Scouts and Guides Grounds, behind Old DC office, **up to 9.30 pm.**

EVENTS TOMORROW (MARCH 18)

- **Bettada Marammana Seva Samiti Trust - Bettada Maramma Temple:** 20th Annual Puja Mahotsava, bringing of Kumbha Kalasa with Mangalavadya, **7.15 am to 8.30 am;** Abhisheka, archane, alankara, **8.30 am to 11 am;** Tambittina Arati and Mahamangalarati, **11.30 am;** Anna santarpane, **12 noon;** Music programme by folk artiste Hinkal Mahadevaswamy and Prasada Viniyoga, Temple premises, near JSS School, G.B. Palya, Raghavendranagar, **6.30 pm.**
- **University of Mysore (UoM):** Manasa Youth Empowerment-2025, workshop on employability and empowerment, Mandya DC Dr. Kumara inaugurates, UoM VC Prof. N.K. Lokanath presides, UoM Registrar M.K. Savitha, Registrar (Evaluation)Prof. N. Nagaraja and Finance Officer K.S. Rekha will be present, Senate Bhavan, Manasagangothri, **10 am.**
- **JSS Mysore Urban Haat:** Gandhi Shilp Bazaar - Handloom and Handicrafts Exhibition, JSS Mysore Urban Haat, Hebbal, **10 am to 9 pm.**
- **Sahara Arts & Crafts:** Shopping Festival, Scouts and Guides Grounds, behind Old DC office, **10.30 am to 9.30 pm.**
- **Teresian College:** Valedictory of 2-day National Conference on 'Consumer Behaviour Trends and Challenges,' Advocate J. Jaya Prakash of J.P. Law Associates, Mysuru, chief guest, College Principal Dr. Sr. Rohini presides, Director Dr. Sr. Juanita, IQAC Co-ordinator Vivek Charles and HoD of Commerce Dr. Veena M. D'Almeida will be present, Ave Maria Golden Jubilee Auditorium, Teresian College, **3.30 pm.**

INOX — LIVE the MOVIE

Mall of Mysore - Mob: 78299-99465

Chhaava (H)	:	9.55 am, 4.10 pm, 7 pm, 10.30 pm
Appu (K)	:	10 am, 1 pm, 4 pm, 7.30 pm, 10.20 pm
The Diplomat (H)	:	10.15 am, 1.15 pm, 4.10 pm, 7.05 pm
Novocaine (E)	:	11.10 am, 7.05 pm
Sweetheart (Ta)	:	1.10 pm
Perusu (Ta)	:	1.35 pm
Mickey 17 (E)	:	4.10 pm
Court: State vs A Nobody (Te)	:	9.30 pm
Dilruba (Te)	:	10 pm

INOX Centro Mysore - Ph: 0821-4283555

Chhaava (H)	:	9.55 am, 7.10 pm, 10.30 pm
The Diplomat (H)	:	10.05 am, 1 pm, 4.15 pm, 6.55 pm
Appu (K)	:	10.35 am, 1.15 pm, 3.55 pm 7.10 pm, 9.50 pm
Perusu (Ta)	:	10.50 am, 4.35 pm
Ah! (K)	:	1.25 pm
Sweetheart (Ta)	:	1.35 pm, 10.10 pm
Court: State vs A Nobody (Te)	:	4.10 pm, 10.20 pm
Dilruba (Te)	:	7.15 pm

NOTE: Movie timings published here are subject to sudden change by the theatre managements. The films are also liable to be changed in multiplexes if there is no minimum audience of 15.

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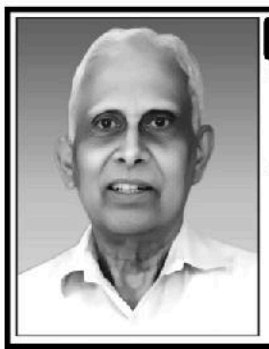

Shri G RAMASWAMY
1931 - 2025
who passed away
on 15th March, 2025
in Mysore
after a brief illness.
Deeply mourned by family and friends.

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